

# APRICOTS-USDA FOODS (FROZEN)

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #1 - No cook


FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Apricots, Frozen, Sliced, 4.5 ounce	100 cups , (1/2 cup container)

**DIRECTIONS**

1. Thaw individual containers of apricots in refrigerator.
2. Portion ½ cup of apricots per serving. Each portion provides ½ cup fruit. Do not refreeze apricots that have been thawed.

CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

**PRODUCTION NOTES**

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different varieties of fruit are used (such as fresh or canned).

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Fruits" provides seasoning and serving ideas for fruits.

**NUTRIENTS PER SERVING**

Calories	110	Dietary Fiber	2.00 g	Sodium	5.00 mg	Sat. Fat	0.00 g
Carbohydrates	25.00 g	Protein	1.00 g	Total Fat	0.00 g	Trans Fat	0.00 g